



Kenny Loosvelt

PRINCIPAL

Volume 11

Number 7

Be Safe, Be Respectful, Be Responsible

April 2017

Greetings YMS Parent(s):

Well we **marched through March** at YMS! Our **vocal music** students put on a **fantastic performance** of *"The Music Man"*, we completed a **tornado drill**, and track **practice** got rolling. We celebrated Read Across America week **by wearing PJ's and with DEAR** (Drop Everything And Read) time.

We also **challenged our students** to raise \$2,000 for the Leukemia and Lymphoma Society's **Pennies for Patients**. We didn't raise \$2000....we **raised over \$2,600**. This school is full of **great kids** who when determined can **accomplish great things!**

With Spring Break over it is time for **everyone** at YMS to do our **best work**. We are going to **challenge your student(s)** to do their best **in class, in the halls, at performances**, and especially on the Nebraska State Accountability (**NeSA**) **assessments** at the **end of the month**.

It is a fact that part of the **evaluation for Nebraska public schools** is how well their students perform on the NeSA tests.

Here at York Middle School **6th and 7th grade students** complete the following tests:

NeSA-Reading with two sections and NeSA-Math with two sections.

8th grade students complete the following tests:

NeSA Reading with two sections, NeSA-Math with two sections and NeSA-Science with one section.

We will be completing these tests on Tuesday, Wednesday and Thursday beginning **April 11 and concluding on April 27** in the morning.

Here are **a few tips** that you can **do as parents** to help ensure that your child performs to the best of their ability as we tackle these important tests.

- Make sure that if your child is **able to be in school** that they are **in school**. Missing these test dates will require your child to miss regular instruction time to make up the test, so please make sure you do **everything in your power** to have them **in school** on these days.
- Ensure that your child has **at least 9 hours of sleep** on the nights **preceding their tests**. The morning of the tests please make sure they have a **nutritious breakfast**. Make sure you remind them to do their very best and that **you believe in them**.
- Encourage your child to do their best while reminding them that these tests are not **"all or nothing"** exams. Yes, we want all our students to do well on these exams but we are very **confident in what we are doing at YMS**. A substandard result on a test will not result in anything more than **a chance for students to grow**. We **know** that we are doing **great things for kids** not only *academically but socially and emotionally here at YMS and that is as important as any assessment grade*.

In the **fourth quarter** of football games teams will often **hold up four fingers** to let the opposing teams know that **they "own" the fourth quarter**. At YMS we are putting up our **four fingers** to let everyone know that this is the time **when we do our best work**. This is the time that we show why **we give a great effort**. This is a time we show everyone that York Middle School has the **hardest working students**, the most **dedicated staff** and is the **best middle school in the state**.

Kenny Loosvelt, Principal

Middle Years

Working Together for School Success



Short Stops

Animal antics

Inspire your middle grader's curiosity about the natural world—and enjoy some family fun—by spending a spring afternoon at the zoo. Let your child take the lead on which animals to visit. Perhaps she'll want to snap photos or look for activities like handling reptiles in a "discovery room" or feeding tropical birds.

Honesty matters

One way to encourage honesty in your youngster is to make sure you describe things accurately. Instead of saying "I'll only be a minute" when you'll likely be longer, give a better estimate. Otherwise, he might get the idea that stretching the truth is okay.

Real-life stories

Biographies may motivate your tween to read by sparking her interest in the lives of real people. Plus, a good biography can help your child connect to history or current events, learn important character traits, and boost reading skills. Together, visit your library's biography section, and pick out books to take home.

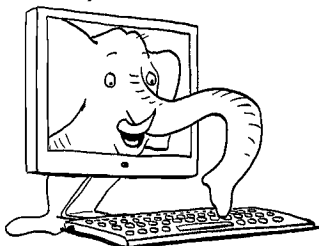
Worth quoting

"Before anything else, preparation is the key to success." *Alexander Graham Bell*

Just for fun

Q: What do you get when you cross a computer with an elephant?

A: Lots of memory!



All kinds of kindness

Did you know that being kind not only makes tweens feel happier, it makes them more likely to succeed in school and to have more friends? That's because doing kind acts connects them with others and motivates them to care about doing well.

Help your child turn kindness into an everyday habit with these ideas.



Watch for openings

Have your middle schooler look for opportunities to be kind. If he has a friend whose mother is sick, he could think about ways to support him like asking how he's doing or inviting him to do something fun. Showing kindness during a stressful time will strengthen a friendship—and your child's character.

Be a model

Seeing kindness in action may encourage your tween to behave kindly, too. Invite him to go with you when you run an errand for a neighbor, and point out

why you're helping. "Mrs. Johnson had knee surgery and can't drive, so we're picking up her groceries for her." Going out of your way for another person lets him see that kindness is important.

Take action

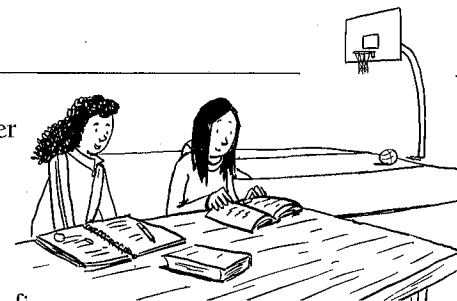
When your child asks himself, "Who needs help?", he's taking an important step in expressing compassion. He might decide to collect toiletries for a women's shelter, read aloud to wounded soldiers, or spearhead a soccer team car wash to raise money for the homeless. 🍷

Spring into study time

Nice weather may pull your child outdoors and away from her studies. Have her try these strategies to combine schoolwork, sunshine, and physical activity:

■ Your tween could go with friends to a nearby park and work at a picnic table. Every 20 or 30 minutes, they might take a five-minute break to do stretches, shoot hoops, or jog around the playground.

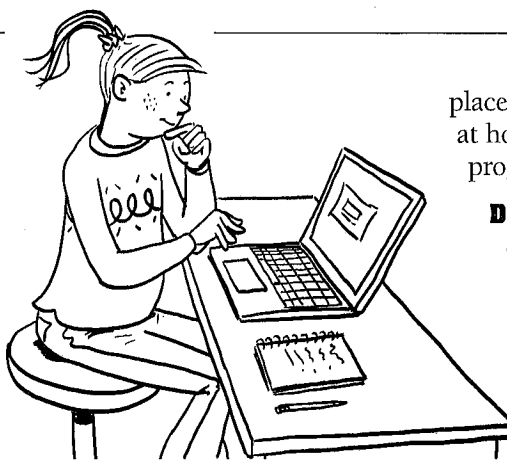
■ Suggest that your middle schooler study with classmates in someone's yard or driveway. They can stand in a circle and toss a ball back and forth to quiz each other. To start, one person asks a question and tosses the ball. Whoever catches it answers the question and asks the next one. 🍷



Stay safe online

Encourage your middle schooler to be a tech whiz who's also tech-wise. Share these online safety tips.

Set strong passwords. To make them harder for hackers to guess, passwords should be at least eight characters and include capital letters, numbers, and symbols. Avoid obvious ones like *mypassword* or *5678*. Use different passwords for different sites, and change them every few months. Also, let your tween know never to share her passwords or enable others' fingerprints on touch ID. And she should keep her passwords in a secure



place, such as a notebook she hides at home or a safe online password program.

Don't leave a trail. Your child can guard her privacy by keeping her personal information off the Internet. That means no full name, phone number, city or town, or school. Insist that she create usernames that don't identify her (like *hamsterlove12* instead of *abbyssmith5*). She also shouldn't mention her name, city, or school in online posts or social media profiles (if she has any) or tag pictures with locations. The less revealing information she provides online, the safer she'll be in the real world. 👍

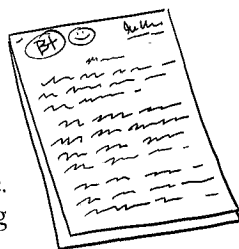
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Q & A Do your best work

Q My son sometimes makes careless mistakes on his homework and loses points. How can I get him to try his best?

A Explain to your son that working hard will help him succeed at whatever he wants to do in life. Part of that is making sure his work is neat, complete, and contains proper grammar, punctuation, and spelling.



Offer to help him come up with a plan for how he might avoid simple mistakes. For example, he could look through past assignments and tests to create a list of errors he often makes (writing *your* instead of *you're* or forgetting to capitalize proper nouns). Then, he can use his list to double-check his work.

Also, show your tween that his schoolwork matters by inviting him to tell you about what he's studying. Have him show you graded assignments, and if you notice he's improving, point out that he should feel proud. 👍

What's the probability?

What are the odds of drawing the card you need when you're playing a game? Try this card game to explore *probability*, or the likelihood that an event will occur.

Materials: ace–10 of one suit of cards (spades, hearts, diamonds, or clubs)



1. Shuffle the cards, and stack them facedown. (Ace = 1.)
2. The first player draws the top card and lays it faceup. He predicts whether the next card will be higher or lower. *Tip:* He should consider which card was drawn and which ones remain. If he drew an 8, then 7 cards are lower, but only 2 are higher, so getting a lower card is more likely.
3. The same player takes the next card. If his prediction was correct, he keeps both cards. If not, they go on the bottom of the deck.
4. Take turns until all the cards are used. The person with the most cards wins. 👍

Parent to Parent

Sibling squabbles

My tween daughters seem to be experts at arguing. I usually step in to help solve the problem since I just want them to get along. But that's upsetting for me and often leaves all of us frustrated.

I mentioned the problem to their pediatrician. She said middle schoolers need to learn how to handle conflict and that working things out with a sibling can be great practice. She suggested that I let them know I'm going to stay out of their squabbles unless

someone might get injured. She also mentioned ways they could settle their issues, like looking for compromises or setting a timer and picking a solution before time runs out.



Now when I hear my children arguing, I stay out of it or just say, "Work it out." I notice that I don't get as agitated by their bickering. And I'm hoping the practice will help them solve conflicts in other relationships, too. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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York High School Show Choir, Dukes & Duchesses and Chamber Singers Auditions

Any 8th grader who is interested in being a member of the York High School Show Choir, and Dukes & Duchesses, and Chamber Singers, auditions will be held on Wednesday, April 12, beginning at 2:15 p.m. through 4:30 p.m. in the high school choir room. The D& D auditions will consist of two separate parts; a dance audition and a singing audition. Rehearsal for the choreography portion of the audition will be held on Friday, April 7th, Tuesday, April 11th and Wednesday, April 12th from 7:00-7:45 a.m. For more details, and to sign up, please see Mrs. Wagner.



The Annual YMS Talent Show!!



We're getting ready for the annual YMS Talent Show. The Talent Show is scheduled for Tuesday, May 2 at 7:00 p.m. in the York High School Theater. Dress Rehearsal for all solo and small acts will be on May 1, from 3:30 - 5:00 p.m. All students in 6th, 7th & 8th grade choir will be a part of this show. We are looking forward to another great show, showcasing a lot of talented students!!

Important Dates to Remember

During the month of April YMS students will be taking Statewide tests in science, math and reading. These tests are used to measure student achievement and to tell schools which skills students need to improve. With information gathered from statewide tests, YMS and YPS can design lessons to raise your child's academic performance.

Results of these tests are also used to evaluate a school's performance. So, it's important to all involved, for every child to do well on the tests.

You can boost your child's performance on state tests. Make sure that your child is in school every day. Proper rest, exercise, and nutrition fuels the brain as your child comes prepared for school.

6th - 8th English will test on April 11 & 13

6th - 8th Science will test on April 19 or 20

6th - 8th Math will test on April 25 & 27





GIRLS ON THE RUN 5K

The Southeast Regional GIRLS ON THE RUN 5k presented by York Medical Clinic will be Saturday, May 6th at 10:00 a.m. at the York High School Track.

The 5k is open to males and females of all ages. Walkers are welcome! The deadline for a guaranteed T-shirt is April 15th.

Entry forms are available online at GOTRNebraska.org.

We are also seeking volunteers to help on race day, whether it be on the race route, the registration table, the happy hair station, or a variety of other jobs. If you would like to volunteer, please contact Terri Carlson at tcarlson@cityofyork.net.

Yearbooks

\$20

Buy a YMS Yearbook!
Preserve great memories!
Remember fun events!

The YMS yearbook is loaded with school experiences, quotes, and candid photos. Make checks payable to YMS.

The yearbooks will be delivered in the fall.

DINE AT RUNZA

Tuesday, April 4th

10% of sales will be donated to

TEAMMATES
MENTORING

www.teammates.org

supports TEAMMATES."



TAIP (Together Anything is Possible)



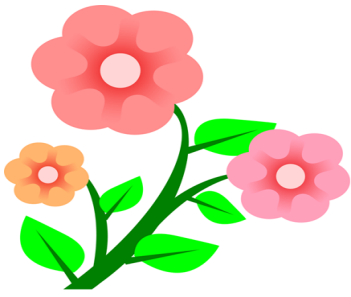
The TAIP Club at York Middle School participated in the Pennies for Patients fundraiser to benefit the Leukemia and Lymphoma Society. During that time the 16 student families at YMS competed to see which family could bring in the most loose change each week. The students surpassed the \$2,000 goal by raising a total of \$2,627.84. On Friday, March 17 the TAIP members presented a check to Anne DeVries from the LLS Society.

We want to thank all of the students, parents, and staff who donated to this cause.





8TH Grade Orientation

On April 5th, the 8th graders will attend 8th grade orientation at the York High School. Orientation will be from 1:00 p.m. to 3:20 p.m. During this time, your student will be able to talk to current YHS students, be given a tour of the building, and will be able to see all the extracurricular activities that they offer. York Public Schools will provide after school transportation for this event. Our goal is to give your student a glimpse of all the possibilities at York High School.



April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>April Fool's Day</i>
2	3 8th grade class on a College Visit B	4  Dine at Runza TeamMates G	5 2:00 Dismissal 8th grade class H/S Orientation 1:00-3:20 pm B	6 7 & 8 TR @ Crete M.S. (Doane College) 4:00 pm G	7 B	8
9	10 Board of Education Mtg. G	11 7 & 8 TR @ Seward Tri w/ Aurora (@SHS) 4:00 pm B	12 2:00 Dismissal G	13 B	14 NO SCHOOL Easter Break  Good Friday	15  TeamMates Husker Red/White Spring Game
16 Easter 	17 NO SCHOOL Easter Break	18 7 & 8 TR @ McNair Track Meet (Columbus-Pawnee Park) 9:00 am G	19 2:00 Dismissal B	20 G	21 B	22 7 & 8 TR @ Aurora Invitational 9:00 am
23	24 Board of Education Mtg. G	25 B	26 2:00 Dismissal G	27 7 & 8 TR @ Seward Quad w/Crete, Fairbury (Seward H.S.) 3:30 pm B	28 G	29
30						



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



Fruit and Juice Available Every Day

Start your day off right

Additional Middle & High School Choices offered daily

- Smucker's Uncrustable
- Dutch Waffle
- Cheese Pretzel

Stop & Go Breakfast-High School Only

STOP by the cafeteria. Bag your breakfast, and **GO** on with your day!

Choices Daily:

- Pancake or French Toast Minis
- MiniCinis
- Frudel
- Yogurt with Goldfish Grahams



Includes Fruit and 100% juice choice and milk

This breakfast is available for students that qualify for free or reduced price meals.

Breakfast Meal Prices & Extras

Student Breakfast	\$1.40
Adult Breakfast	\$2.10
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
3 A. French Toast Sticks B. Cereal Choices and Toast Juice Choices Sliced Pears	4 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Mixed Fruit	5 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	6 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Sliced Peaches	7 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
10 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	11 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Applesauce	12 A. Yogurt with Goldfish Grahams B. Cereal Choices and Toast Juice Choices Fresh Orange	13 A. Pancake Sausage Stick B. Cereal Choices and Toast Juice Choices Mixed Fruit	14 NO SCHOOL
17 NO SCHOOL	18 A. Sausage Gravy over Biscuit B. Cereal Choices and Toast Juice Choices Pineapple	19 A. Ultimate Breakfast Round B. Cereal Choices and Toast Juice Choices Apple Wedges	20 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Applesauce	21 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Sliced Peaches
24 A. Breakfast Sliders B. Cereal Choices and Toast Juice Choices Sliced Pears	25 A. Iced Long John B. Cereal Choices and Toast Juice Choices Mixed Fruit	26 A. Breakfast Pizza B. Cereal Choices and Toast Juice Choices Pineapple	27 A. Egg & Cheese Biscuit Sandwich B. Cereal Choices and Toast Juice Choices Sliced Peaches	28 A. Fresh Baked Cinnamon Roll B. Cereal Choices and Toast Juice Choices Applesauce
				

Questions or comments - Contact Mitch Novak, Foodservice Director at 402-363-9169 or mitch@lunchtimesolutions.com
Applications for Free and Reduced price meal are available in all building offices.

This institution is an equal opportunity provider and employer.



Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.

Each student is required to have 1/2 cup of fruits or vegetables on their tray.



Look for the Farmer's Market Logo on this month's menu for the featured Farmers Market selection.



Learn more about this month's selection on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Daily Entrée Choices :

C. Sub/Salad/Sandwich Entrées

M-W Sub Sandwich Choice
T-Th Entree Salad Choice
F Sandwich Choice

Choices vary. See menu board for details.

D. Deli Wrap Entrées

M Combo Deli
T Fajita Chicken
W Turkey Deli
Th Ham Deli
F Grilled Chicken

E. Vegetarian Entrées

M-W Vegetarian Salad
T-Th-F Fruit, Yogurt & Cheese Plate
All E. include breadsticks

Lunch Meal Prices & Extras








MS Lunch	\$2.75	Extra Entrée	\$1.75
Chef Entrée	\$2.25	Extra Side	\$0.50
Adult Lunch	\$3.45	Extra Milk	\$0.45

Adult **ONE TRIP** Fruit & Veggie Bar \$1.75

Questions or comments:

Contact: Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com

Applications for Free and Reduced Price meals are available in the school office.
Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>A. Chicken Fajitas B. Pork Fritter Sandwich</p> <p>Black Beans on F&V Bar</p>	<p>4</p> <p>A. Pizza B. Taco Burger</p> <p>French Fries</p> <p></p>	<p>5</p> <p>A. Chicken Nuggets B. Breaded Beef Patty</p> <p>Mashed Potatoes with Gravy</p> <p></p>	<p>6</p> <p>A. Spaghetti with Meat Sauce B. Crispy Chicken Sandwich</p> <p>Green Beans Gelatin Dessert</p>	<p>7</p> <p>A. Home-style White Bean Chicken Chili And Crackers B. Corn Dog</p> <p>Golden Corn Frosted Cinnamon Roll</p>
<p>10</p> <p>A. Cheeseburger B. Orange Chicken over Rice</p> <p>Steamed Broccoli</p>	<p>11</p> <p>A. Pizza B. Beef & Bean Burrito</p> <p>Refried Beans</p> <p></p>	<p>12</p> <p>A. Cheeseburger Soup And Dinner Roll B. Hot Dog</p> <p>Mixed Vegetables</p>	<p>13</p> <p>A. Baked Ham Slice And Dinner Roll B. Chicken Nuggets And Dinner Roll Scalloped Potatoes Home-Style Green Bean Casserole Holiday Cookie</p>	<p>14</p> <p>NO SCHOOL</p>
<p>17</p> <p>NO SCHOOL</p>	<p>18</p> <p>A. Pizza B. Sloppy Joe</p> <p>BBQ Beans Sugar Cookie</p> <p></p>	<p>19</p> <p>A. Italian Dunkers With Marinara Sauce B. BBQ Rib Sandwich</p> <p>Candied Carrots</p>	<p>20</p> <p>A. Home-style Chicken Ranch Pasta and Dinner Roll B. Mini Corn Dogs</p> <p>Green Beans Carnival Cookie</p>	<p>21</p> <p>A. Fusion Food: Chinese Tacos B. Hot Ham and Cheese Sandwich</p> <p>Stir Fry Vegetable Medley Coconut Rice</p>
<p>24</p> <p>A. Cheeseburger B. Home-style Chicken Stew over Fresh Baked Biscuit</p> <p>Mixed Vegetables</p>	<p>25</p> <p>A. California Lasagna and Garlic Breadstick B. Pizza</p> <p>Peas</p> <p></p>	<p>26</p> <p>A. Breakfast for Lunch Ham, Egg & Cheese Biscuit Sandwich B. Toasted Cheese Sandwich</p> <p>Potato Triangle</p>	<p>27</p> <p>A. Home-style Cavatini B. Grilled Chicken Sandwich</p> <p>Green Beans Sugar Cookie</p>	<p>28</p> <p>A. Hot Dog B. Home-style Buffalo Chicken Pasta</p> <p>Baked Beans Chocolate Chip Cookie</p>
<p>Chef Entrée</p> <p>Beef & Broccoli</p> <p>An Asian Classic! Tender beef and broccoli sautéed in teriyaki sauce and served over rice.</p> <p></p>				

This institution is an equal opportunity employer and provider.



Seasonal Allergies in Children

Every fall, 5-year-old Timmy develops a runny nose, itchy, puffy eyes, and attacks of sneezing. His mother shares the problem, which she dismisses as mild hay fever, and something her son has to learn to live with. Lately, however, Timmy has also suffered attacks of wheezing and shortness of breath when he visits his grandmother and plays with her cats. Timmy's pediatrician suspects allergic asthma, and wants him to undergo some tests.

Timmy's symptoms are by no means rare among children across the United States. Allergies and asthma often start in childhood and continue throughout life. Although neither can be cured, with proper care they can usually be kept under control. Allergies are caused by the body's reaction to substances called "allergens," which trigger the immune system to react to harmless substances as though they were attacking the body.

When to Suspect an Allergy

Some allergies are easy to identify by the pattern of symptoms that follows exposure to a particular substance. But others are subtler, and may masquerade as other conditions. Here are some common clues that could lead you to suspect your child may have an allergy.

Repeated or chronic cold-like symptoms that last more than a week or two, or that develop at about the same time every year. These could include:

- Runny nose
- Nasal stuffiness
- Sneezing
- Throat clearing
- Nose rubbing
- Sniffling
- Snorting
- Itchy, runny eyes

Eczema

When it comes to rashes, the most common chronic inflammatory skin condition in children is eczema, also called atopic dermatitis. Although not strictly an allergic disorder, eczema in young children has many of the hallmarks of allergies and is often a sign that hay fever and asthma may develop. The rate of eczema, like that of asthma, is increasing throughout the world. Where asthma is rare, the rate of eczema is also low.

When to Suspect Asthma

Although allergies and asthma often go together, they are actually two different conditions.

- **Asthma** is a chronic condition that starts in the lungs.
- **Allergies** are reactions that start in the immune system.

Not everybody with allergies has asthma, but most people with asthma have allergies.

Asthma Attacks

The airways of the typical child with asthma are inflamed or swollen, which makes them oversensitive. When they come in contact with an asthma “trigger” — something that causes an asthma attack — the airways, called bronchial tubes, overreact by constricting (getting narrower).

Many different substances and events can “trigger” an asthma attack:

- Exercise
- Cold air
- Viruses
- Air pollution
- Certain fumes
- Other allergens
- Cigarette smoke

In fact, about 80 percent of children with asthma also have allergies and, for them, allergens are often the most common asthma triggers.

Common Allergens in Home and School

In the fall, many indoor allergens cause problems for children because they are inside of home and school for longer periods.

- **Dust:** contains dust mites and finely ground particles from other allergens, such as pollen, mold, and animal dander
- **Fungi:** including molds too small to be seen with the naked eye
- **Furry animals:** cats, dogs, guinea pigs, gerbils, rabbits, and other pets
- **Clothing and toys:** made, trimmed, or stuffed with animal hair
- **Latex:** household and school articles, such as rubber gloves, toys, balloons; elastic in socks, underwear, and other clothing; airborne particles
- **Bacterial enzymes:** used to manufacture enzyme bleaches and cleaning products
- **Certain foods**

Controlling Allergy Symptoms

- It's helpful to use air conditioners, where possible, to reduce exposure to **pollen** in both your home and your car.
- **Molds** are present in the spring and late summer, particularly around areas of decaying vegetation. Children with mold allergies should avoid playing in piles of dead leaves in the fall.
- **Dust mites** congregate in places where food for them (e.g. flakes of human skin) is plentiful. That means they are most commonly found in upholstered furniture, bedding, and rugs.
- **Padded furnishings**, such as mattresses, box springs, pillows, and cushions should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers.
- Wash **linens** weekly, and other bedding such as blankets, every 2 to 3 weeks in hot water to kill the dust mite.
- **Pillows** should be replaced every 2 to 3 years.
- **Do not smoke** around others especially children who suffer from allergies or asthma

Working With Your Child's Doctor

Your child's allergy and/or asthma treatment should start with your pediatrician. If needed, your pediatrician may refer you to a pediatric allergy specialist for additional evaluations and treatments, depending on how severe the child's symptoms are. Although there are many over-the-counter antihistamines, decongestants, and nasal sprays, it is very important that you work with a pediatrician over the years to make sure that your child's allergy and asthma are correctly diagnosed and the symptoms properly treated.

Last Updated: 11/21/2015

Source: Healthy Children Magazine, Allergy/Asthma 2007

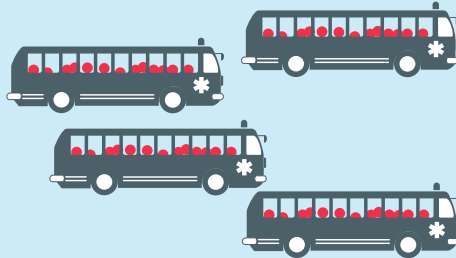
KIDS and MEDICINE SAFETY

Convenience vs. Caution

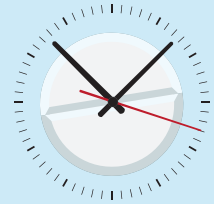


THE PROBLEM

Each year, nearly **60,000** young children — or about **four busloads per day** — are seen at emergency departments (EDs) because they got into medicine.



Almost **every minute of every day** there is a call to a poison control center because a young child got into medicine.



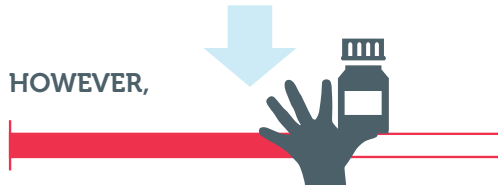
THE DISCONNECT

9 IN 10 PARENTS AGREE



it is important to store all medicines **out of sight and up high** after every use.

HOWEVER,



nearly **7 in 10 parents** report storing medicine **within a child's sight** (on a shelf or surface at or above counter height).

9 IN 10 PARENTS AGREE



medicine should be **kept in the original container**.

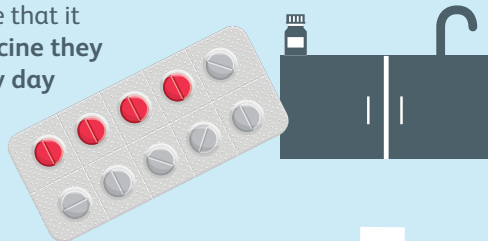
HOWEVER,

more than **1 in 3 parents** say they or someone in their household **always or often** uses a **daily pill organizer or baggie** that children can easily get into if it's not stored out of sight and reach.



CONVENIENCE OVERRULES CAUTION

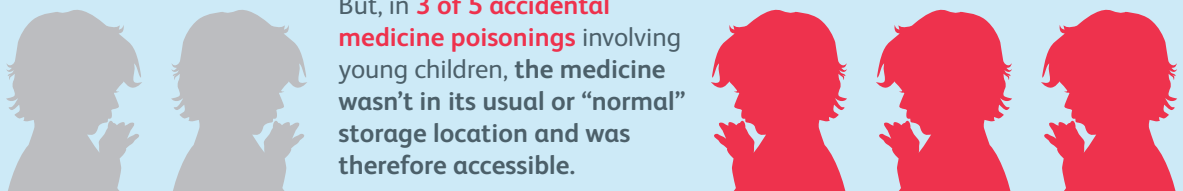
4 in 10 parents agree that it is **okay to keep medicine** they or a child takes every day on the kitchen counter or another visible location so it is handy.



And nearly **5 in 10 parents** agree that **when a child is sick**, it is **ok to keep the medicine** on the kitchen counter or another visible location between doses so it is handy.

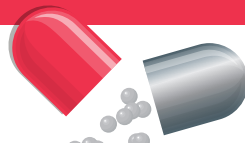


But, in **3 of 5 accidental medicine poisonings** involving young children, the medicine wasn't in its usual or "normal" storage location and was therefore accessible.



UNDERESTIMATING THE RISKS

Nearly 3 in 5 parents **think** if medicine is out of reach, it's in a safe place.



But, research indicates in **about half of OTC poisoning cases**, the child climbed on a chair, toy or other device to reach medicine.



1 in 3 parents **think** if their child is being **watched**, it doesn't matter as much where medicines are stored.



But, **parents frequently said** in ED visits that they'd only turned their back for a minute.



Half of parents think child-resistant packaging means a child won't be able to get into medicine at all.



But, research suggests **45-55% of accidental poisonings** involved child-resistant packaging.

Convenience + Risk = 440,000 Poison Control Center calls in 2015 because a child got into medicine.

HOW TO HELP PROTECT YOUR KIDS

- ☐ Store all prescription and OTC medicines, vitamins and supplements up and away and out of sight and reach every time.
- ☐ Keep medicine in its original child-resistant packaging.
- ☐ Practice safe storage of medicine as soon as your first child is born.
- ☐ Put the Poison Help number – 1-800-222-1222 – into your phone and post it visibly at home.
- ☐ Instead of keeping medicine handy, use safe reminder tools to help you remember when to take and give doses.
 - ☐ Set alarms on your watch or cell phone.
 - ☐ Write a note to yourself and leave it somewhere you look often.
 - ☐ Combine taking daily medicines with a daily task, like brushing your teeth.
 - ☐ Use a medication schedule to make sure the right amount of medicine is given at the right time.

For more medicine safety tips, visit www.safekids.org

SAFE
KIDS
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